

## How to Cope as a Parent of an Autistic Child

Having an Autistic child can be very hard, and rewarding at the same time. Some days will go according to plan, and others will make you want to climb back in bed. You will need a way to cope to stay strong for you child. Here are some ways of coping when you have a child with Autism.

### Support Group

Find a local support group in your area for parents with Autistic children. They will understand what you are going through. They have been there or are going through the same things you are. Sometimes having someone to talk to that understands can make a huge difference. They may have suggestions that can help in your daily routines. Sometimes it is just nice to have someone to talk to other than a doctor or therapist.

### Journals

Writing in a journal can be a great coping mechanism. It allows you to express your feelings and thoughts. This journal can be a place to let out all of your frustrations as a parent of an autistic child. No one else has to read the journal. It can be a private place to vent. Sometimes just writing can help relieve stress and anxiety you might be feeling. Your journal can also be a place to keep track of behaviors your child has on a day to day basis.

### Get away

Everyone needs time to their self. This is true whether you are dealing with an Autistic child, or any other medical problem. Find a qualified care giver for your child and get out. Have a date night with your spouse, or just get away for some alone time. Go watch that movie you wanted to see. Run some errands that are hard to take your child along too. Just give your self some away time. If you cannot leave the house make some time after your child has gone to bed for a relaxing bath. Just give yourself some time to unwind. It will make things better for you and your child.

### Ask for help

Every mom tries to be a super mom. They do not want to ask for help because that means they cannot do it alone. Forget this attitude. Having a child with Autism requires help. If you are becoming stressed and overwhelmed it is not good for you or your child. Sometimes we all need help. If you are trying a treatment and it is not improving things with your Autistic child ask the doctor for another

way. Ask someone such as your spouse to help with the errands. Sometimes it is too hard to take your Autistic child out without some sort of struggle. Getting someone to do simple tasks for you can save time and frustrations. If you need help ask. No one can read your mind, you have to tell them you need help.

Having an Autistic child is a hard job. Having ways to cope will make your job easier. It will also make things better for your child by having you calm and stress free.